

MIAMI SPRINGS SENIOR CENTER

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

➤ **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.--12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.

➤ **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Stacey Reppas, the program's consulting Registered Dietician, and the Elderly Services Director.

➤ **HEALTH SUPPORT ACTIVITIES:**
All students must be registered in the senior center's congregated meal program to participate in the following:

- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00--10:30 a.m.
Classes are held at the Senior Center;
- **"LET'S DANCE!" CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 --11:00 a.m.
Classes are held at the Senior Center;
- **FLOOR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 --11:00 a.m.
Classes are held at the Curtiss Mansion.
- **"CELEBRATION" WORKOUT CLASS**
(Instructor: Natasha Salmon-Cogno)
Fridays.....9:00 --11:00 a.m.
Class are held at the Senior Center;
- **TAI CHI FOR ARTHRITIS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30--1:30 p.m.
Classes are held at the Optimist Club.

➤ **TRANSPORTATION:** Daily pick up, utilizing the city's mini-bus, is provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping and carrying- packages. Field trips to area stores and other places of interest are planned each month.

➤ **RECREATION:** Recreational and social activities planned for July include: Bingo games (8/3, 8/10, 8/17, 8/24 and 8/31), a Rummage and Baked Goods Sale (8/18), the monthly birthday and anniversary party (8/20), and a field trip to Wal-Mart (8/13).

FOR FURTHER INFORMATION
on any of the services and activities
offered by the
City's Elderly Services Department,
please **CALL US!**



(305) 805-5160



EDUCATIONAL PROGRAMS SCHEDULED:



"COUNCIL REPORT" --Councilman Bob Best will provide information on recent City Council actions on 8/26 at 12:15 p.m.

"HYPERTHERMIA: TOO HOT FOR YOU'RE YOUR HEALTH" -- On 8/11 at 12:15 p.m., Maritza Lopez from Catholic Hospice will present information on hyperthermia and how to avoid serious health issues.

"EATING HEALTHY ON A BUDGET" -- On 8/12 at 12:15 p.m., Marvick Melendez, RD, LD/N, will help participants learn how to select more nutritious foods and save money when shopping at the grocery store.

"FALL PREVENTION" -- Florida PACE, at Miami Jewish Health Systems, will provide information on how to reduce risk factors and prevent falling during a presentation scheduled for 8/19 at 12:15 p.m.

"DIABETES" -- On 8/21 at 12:15 p.m., Dr. Faird Marquez, sponsored by United Health's Preferred Care Partners and Medica Health Plan, will provide valuable information on the disease Diabetes.

"CRIME WATCH" PROGRAM -- On 8/25 at 12:15 p.m., Officers Jorge Capote and Janice Simon from the MSPD's Community Policing Office will conduct the monthly Crime Watch Meeting at the senior center and provide information on recent local criminal activity.

MATTER OF BALANCE

*** Classes in English ***

Reduce your fear of falling and learn exercises to increase your strength & balance.

4 WEEK PROGRAM:
August 27th -- September 22nd
on **TUESDAYS and THURSDAYS**
9:30--11:30 a.m.



SIGN UP NOW!

Participants who attend 5 out of 8 sessions will receive a certificate of completion and an incentive.



CELEBRATING BIRTHDAYS:

Rafaela V.....	9
Sonia D.....	10
Manuel G.....	13
Barbara W.....	14
Marta A.....	20
Juana R.....	21
Shirley P.....	22
Jesse P.....	24
John R.....	24
Norah R.....	24

BINGO

Monday, 8/ 3
Monday, 8/10
Monday, 8/17
Monday, 8/24
Monday, 8/31



Fundraiser for the
Miami Springs/Virginia Gardens
Senior Citizens' Club:

August 18th
11:15 -- 12:40 p.m.
(All proceeds go to the Club)

FIELD TRIP



WAL-MART

Thursday, August 13th
1:15 p.m. -- 5:00 p.m.
\$.50/person (16 may go)



The Florida Division of Driver's Licenses will be available at the City's **COMMUNITY CENTER** on **Wednesday, August 19th**, from 9:30 am--2:30 pm. to renew **FLORIDA DRIVER'S LICENSES & State ID CARDS**. Check with the Community Policing Office or visit www.GatherGoGet.com for information on the required documentation.



Welcome!